

SOFTGEL SIZE

Made in the
USA



CODE 3802 Z
V6

SUGGESTED USAGE: As a dietary supplement, take 3 softgels daily with food. These multi-vitamin softgels are easier to swallow, and are formulated for better GI tolerability.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Do Not Eat Freshness Packet. Keep in Bottle. Store in a cool, dry place after opening. Please Recycle.



SUPERIOR WOMEN'S MULTI

Softgels

- With Evening Primrose, Cranberry, Green Tea, Horsetail Silica and CoQ10
- Gentler and Easier to Swallow and Absorb

90 Softgels
A Dietary Supplement



Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	20	
Total Fat	2 g	3%*
Protein	1 g	2%*
Vitamin A (100% as Beta-Carotene) (Betatene®)	5,000 IU	100%
Vitamin C (from Calcium Ascorbate)	200 mg	333%
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopherol)	150 IU	500%
Vitamin K (as Menaquinone and Phytonadione)	80 mcg	100%
Thiamin (Vit. B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (from Niacinamide and Inositol Hexanicotinate)	25 mg	125%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%
Folate (as Folic Acid)	800 mcg	200%
Vitamin B-12 (as Methylcobalamin)	120 mcg	2000%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%
Calcium (from Aquamin® Red Algae Sea Minerals, Cal. Carbonate, Ascorbate, Pantothenate)	140 mg	14%
Iron (from Ferrochel® Iron Bisglycinate) (TRAACS®)	6 mg	33%
Iodine (from Potassium Iodide)	225 mcg	150%
Magnesium (from Mag. Citrate, Mag. Oxide and Aquamin® Red Algae Sea Minerals)	100 mg	25%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%

Selenium (from Selenium Amino Acid Complex) (TRAACS®)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Chelavite®) (TRAACS®)	120 mcg	100%
Molybdenum (from Molybdenum Bisglycinate) (TRAACS®)	75 mcg	100%
Potassium (from Potassium Chloride)	25 mg	< 1%
Evening Primrose Oil (Oenothera biennis) (Seed)	500 mg	†
Cranberry Concentrate (Vaccinium macrocarpon) (Fruit)	100 mg	†
Horsetail Extract (Equisetum arvense) (Aerial Parts) (min. 8% Silica)	50 mg	†
Alpha Lipic Acid	25 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Grape Seed Extract (Vitis vinifera)	25 mg	†
Green Tea Extract (Camellia sinensis) (Leaf)	25 mg	†
Inositol	25 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (LYC-O-MATO®) (from Natural Tomato Extract)	500 mcg	†
Lutein (FloraGLO®) (from Marigold Flowers)	500 mcg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob), Flax Seed Oil, Soy Lecithin and Beeswax.

Formulated & Distributed by NOW FOODS
385 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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